



POSTOPERATIVE INSTRUCTIONS FOR HAMMERTOES CORRECTION

You have just undergone a correction of your hammertoe deformity with lengthening of your tendon and release of soft tissues around the contracted joint. Pain should be minimal and should be controlled with Tylenol, Advil, or Aleve. For the next 3 days (72 hours) you will leave the surgical dressing in place and keep your foot dry. After this time, you can remove the bandages and bathe the foot. At this time the incisions are sealed shut and can tolerate normal showering and bathing. Submersing the foot for a long period of time will not be permitted until one (1) week postoperative. After bath you will dry the foot well and reapply the bandage splint to the toe to maintain alignment and stretch the contracted skin underneath the toe. This was explained and demonstrated to you at the time of surgery. After this, every time you get the foot wet you will need to reapply fresh, dry band-aid splints.

The level of discomfort you experience is dependent on the number of toes you had corrected. By walking carefully and avoiding bending the toes up your discomfort should be very minimal and controlled by Tylenol, Advil, or Aleve. If your pain level is greater than this, please contact the office.

Whenever we break the skin during a surgical event, we are concerned about infection. Your foot was appropriately disinfected and sterile instruments were used, but still the possibility exists. Sign of infection will be redness, swelling or pain out of proportion. If you see or experience any of these things, please contact the office immediately.

24-HOUR PHONE NUMBER

623-974-0522